

**20th Nigeria NNPC/Mobil Track and Field Championships**  
**World championships Trials**  
**Abuja National Stadium**  
**23rd - 25th July, 2009**

**RESULTS**

**Day One 23/07/2009**

8.00am		20Km Walk		Women	Final
Pos.	Bib	Name	Club		Mark
1st	523	Queen Aseedo	Police		1:55:34:94secs
2nd	452	David Joy	Ogun		1:57:57:84secs
3rd	501	Queen Henshaw	Plateau		2:04:48:34secs
4th	599	Patience Okon	Police		2:24:41:95secs

8.05am		20km Walk		Men	Final
Pos.	Bib	Name	Club	D of Birth	Mark
1st	459	Dele Elegbede	Ogun		1:41:09:77secs
2nd	555	Oluwaseyi Lawal	Police		1:42:11:36secs
3rd	486	Kazeem Adeyemi	Oyo		1:47:33:77secs
4th	663	Umoru Yussuf	Taraba		2:04:48:34secs

8.08am		Pole vault		Women	Final
Pos.	Bib	Name	Club	D of Birth	Mark
1st	497	Maureen William	Police		3.10m
2nd	180	Hope Aruya	Mausi		2.80m
3rd	500	Stephiney Sunday	Plateau		2.50m
4th	559	Theresa Ede	Police		2.40m

8.10am		Javelin		Men	Final
Pos	Bib	Name	Club	D of Birth	Mark
1st	631	Kenechukwu Ezeofor	Prisons		66.74m
2nd	353	Friday Osayande	Police	10/06/1984	66.30m
3rd	190	Kingsley igbinosu	Edo		62.33m
4th	626	Chinedu Ezeffor	Prisons	10/05/1989	59.82m
5th	509	Hammed koko	Plateau		58.28m
6th	72	Friday Nwaji	Bayelsa		56.26m
7th	587	Osaze Julius	Police		55.28m
8th	580	Oguntade Lukman	Police		52.59m

8.10am		10,000m		Men	Final
Pos	Bib	Name	Club	D of Birth	Mark
1st	504	Emmanuel Gyang	Plateau		31:17.01secs
2nd	265	Danjuma Kopkuddi	Immigrtion		31:18.93secs
3rd	502	Danjuma Gyang	Plateau		31:37.41secs
4th	507	Markus Gyang	Plateau		31:42.60secs
5th	595	Yeyin Stephen	Police		31:48.65secs
6th	508	Ilaya Pam	Plateau		31:52.10secs
7th	591	Paulinus Isah	Police		32:00.87secs
8th	665	Alli Labeeb	Triumphant	31/05/1985	32:53.58secs
9th	114	Emmanuel Mgbalam	Cross Rivers	10/10/1977	34:49.97secs

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10th	266	Nuhu John	<b>RESULTS</b>	19/01/86	35:50.52secs
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8.50am      100m Hurdles      Women      Heptathlon      wind +0.1mps

Pos	Bib	Name	Club	D of Birth	180
1st	183	Okoro Patience	Edo		14.80secs
2nd	533	Ifeoma Mba	Police	06/06/1986	16.61secs
3rd	180	Hope Aruya	MAUSI	07/08/1989	17.36secs

9.00am      100m      Women      Heat 1      wind +0.0mps

Pos	Bib	Name	Club	D of Birth	Mark
1st	122	Halimat Ismaila	Delta		11.53secs Q
2nd	422	Shola Ogundemi	NCSDC		11.90secs Q
3rd	345	Blessing Ibirah	Lonestar	11/10/1992	11.96secs Q
4th	521	Adegoke Tawa	Police		12.05secs Q
5th	531	Esther Ineghenaki	Police		12.14secs q
6th	405	Bassey Gloria	NCSDC	21/11/1991	12.18secs q
7th	197	Bunmi Jethro	Ekiti	20/08/1992	12.34secs q

9.00am      100m      Women      Heat 2      wind +0.1mps

Pos	Bib	Name	Club	D of Birth	Mark
1st	65	Gloria Kemasuode	Bayelsa		11.60secs Q
2nd	423	Susan Akene	NCSDC	23/03/1989	11.68secs Q
3rd		Abibatu yusuf	Lonestar		12.06secs Q
4th	534	Igwe Ihuoma	Police		12.31secs Q
5th	407	Dairo adeyemi	NCSDC	12/05/1990	12.66secs
6th	702	Victoria Osuagwu			18.39secs

9.00am      100m      Women      Heat 3      wind +0.6mps

Pos	Bib	Name	Club	D of Birth	Mark
1st	214	Olivia kizzee	Unattached		11.57secs Q
2nd	409	Helen Emedolu	NCSDC		11.76secs Q
3rd	643	Stella Silas	Rivers		12.07secs Q
4th	410	Emem Edem-Ikhaobomeh	NCSDC	15/10/1983	12.39secs Q
5th	535	Imade Juliet	Police		12.90secs

9.00am      100m      Women      Heat 4      wind +0.0mps

Pos	Bib	Name	Club	D of Birth	Mark
1st	420	Osayomi Damola	NCSDC		11.52secs Q
2nd	414	Jasper Adekunle	NCSDC	05/08/1990	11.82secs Q
3rd	620	Mary Essene	Prisons	24/07/1989	11.91secs Q
4th	415	Joy Digha	NCSDC		12.15secs Q
5th	370	Mercy Abu	MMAA		12.65secs

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6th	323	Kadiri Sarah Aderonke	<b>RESULTS</b>	06/12/1993	13.58secs
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9.00am 100m Women Heat 5

Pos	Bib	Name	Club	D of Birth	Mark
1st	118	Blessing Okagbare	Delta		11.38secs Q
2nd	404	Agnes Osasuwa	NCSDC		11.56secs Q
3rd	5	Omaka Josephine	Abia		11.70secs Q
4th	532	Funmi Ogundana	Police		12.05secs Q
5th	27	Omolara Omoloye	Airforce		12.12secs q
6th	159	OgheneEferobor	Eagle Sight	09/10/1990	12.44secs
7th	472	Iwundu Doris	Osheku	28/04/1994	12.68secs

9.15am High Jump Women Heptathlon

Pos.	Bib	Name	Club	D of Birth	Mark
1st	180	Hope Aruya	Mausi		1.70m
2nd	183	Okoro Patience	Edo		1.55m
3rd	533	Ifeoma Mba	Police		1.50m

9.35am 100m Men Heat 1 Wind: +0.3mps

Pos	Bib	Name	Club	D of Birth	Mark
1st	280	Benjamin Adukwu	Kaduna		10.69secs Q
2nd	675	Benedict Ajiduah	Delta		10.70secs Q
3rd	679	Nicholas Imhoaperamhe	Ebewele		10.81secs Q
4th	425	Agi Christopher	NSCDC		10.82secs q
5th	789	Akingbe Olorunpo	Ondo		11.21secs
6th	783	Adamu Shuaibu	Adamawa		11.40secs
7th	690	Ubang Johnson	Akawa Ibom		11.42secs
8th	381	Davou Pwujok	Mountainer		11.52secs

9.35am 100m Men Heat 2

Pos.	Bib	Name	Club	D of Birth	Mark
1st	142	Peter Emelieze	Delta		10.65secs Q
2nd	440	Uche Isaac	NCSDC		10.66secs Q
3rd	790	Isijola Kayode	Ondo		10.76secs Q
4th	273	Nwokocha Ndubusi	Imo		10.77secs q
5th	427	Akinrogunde Ayoyemi	NCSDC		10.86secs q
6th	380	Chukwu Eboli			11.13secs
7th	614	Olatunji Afolabi	Police II		11.14secs
8th	34	Ojo Olufero	Airforce		11.20secs



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7th	395	Chinedu Isaac	Mega Rock	16/6/1993	11.59secs
8th	645	Edwin G. Edwin	Rivers	28/2/1990	11.73secs

9.35am 100m Men Heat 7 Wind: + 00mps

Pos.	Bib	Name	Club	D of Birth	Mark
1st	138	Obina Metu	Delta		10.46secs Q
2nd	426	Ahmed Ajiboye	NCSDC	19/7/1979	10.76secs Q
3rd	550	Azike Henry	Police		11.00secs Q
4th	646	Friday Isaiah	Rivers	03/04/1993	11.12secs
5th	397	Aliu Musa	Navy	30/10/1982	11.13secs
6th	161	Adigun Afeez			11.14secs
7th	320	Damola Adeniji	Lagos		11.55secs

9.35am 100m Men Heat 8 Wind: +0.8mps

Pos.	Bib	Name	Club	D of Birth	Mark
1st	635	Onyeabor Nwogwu	Prison	10/03/1983	10.42secs Q
2nd	255	Bamidele Taiwo	Immigration		10.70secs Q
3rd	165	Stephen Emelieze	Eagle Sight	09/03/1986	10.80secs Q
4th	401	Obasi Christopher	Navy	10/06/1986	10.83secs q
5th	473	Bamise Adegboyega	Osheku	07/01/1985	11.11secs
6th	707	Darlington Eberechi	Sokoto		11.29secs
7th	590	Ogoche Victor	Police		11.48secs
8th	331	Dayo Johnson	Laspotech	12/04/1990	11.61secs

9.35am 100m Men Heat 9 Wind: + 0.0mps

Pos.	Bib	Name	Club	D of Birth	Mark
1st	206	Christopher Nwanze	Enugu		10.63secs Q
2nd	583	Okwonma Chijoke	Police		10.72secs Q
3rd	549	Anthony Ugu	Police		11.22secs Q
4th	337	Adebimpe Suraju	Laspotech		11.27secs
5th	379	Amadi Ifeanyi	Mountaineers		11.49secs
6th	600	Solomon Adegoroye Sanni			11.64secs
7th	170	Kosiso Chukwu	Ebonyi		11.88secs
8th	710	Abdulsalam Sanni	Sokoto		12.02secs

9.35am 100m Men Heat 10 Wind: + 0.2mps

Pos.	Bib	Name	Club	D of Birth	Mark
1st	570	Kasumu Ahmed	Police	01/01/1989	10.80secs Q
2nd	163	Niyi Megbodofo	Eagle Sight	24/6/1985	10.93secs Q
3rd	21	James Sambo	Prison		11.46secs Q
4th	677	Kolawole Toyin	Gateway	06/12/1993	11.48secs
5th	24	Kikeme Endurance	Sokoto		11.54secs
6th	99	Charles Atirene. I	Champion		14.20secs

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9.35am      100m      Men      Heat 11      Wind: + 0.0mps

Pos.	Bib	Name	Club	D of Birth	Mark
1st	23	Isah P. Amana	Sokoto		11.18secs Q
2nd	47	Edu Emeka	Anambra		11.19secs Q
3rd	553	Danjuma Andrew	Police		11.35secs Q
4th	168	Attah Collins	Ebonyi		11.66secs
5th	334	Rufus Olawole	Laspotech		11.78secs

2.00pm      Long Jump      Men      Qualifying

Pos.	Bib	Name	Club	D of Birth	Mark
1st	147	Stanley Gbagbeke	Delta		7.54m +0.0
2nd	584	Oladimeji Toyn	Police		7.18m +1.0
3rd	572	Lebi Psalms	Police		7.05m -0.0
4th	164	Olushola Anota	Eagle Sight	14/08/1985	6.96m +0.7
5th	254	Ayo Ajjo	Immigration		6.90m +0.0
6th	682	Stanley Ugbalo	Cross Rivers		6.68m +1.0
7th	482	Adekunle Aliu	Oyo		6.67m +0.0
8th	394	Akpata Rapheal	Navy		6.59m -0.3
9th	587	Osaze Julius	Police		6.53m -0.1
10th	386	Michael Monyei	Napri		6.35m -0.1
11th	590	Oguchue Victor	Police		6.35m +0.0
12th	331	Adenigba Dayo	LASPOTECH		6.24m +0.4

2.05pm      Shot put      Women      Heptathlon

Order	Bib	Name	Club	D of Birth	Mark
1	183	Okoro Patience	Edo		12.05m
2	270	Ifeoma Mbah	Police	06/06/1986	9.41m
3	180	Hope Aruya	Mausi	07/08/1989	8.71m

2.40pm      110m Hurdles      Men      Heat 1      Wind: +0.0mps

Pos.	Bib	Name	Club	D of Birth	Mark
1st	438	Samuel Okon	NCSDC		14.15secs
2nd	351	Deinma Afiesimama	Lonstar	10/06/1974	14.45secs
3rd	188	Erese Nosayaba	Edo		14.92secs
4th	576	Ogedegbe Oluwatosin	Police		14.99secs
5th	601	Emmanuel Ogbonna	Police		16.50secs

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2.45pm      110m Hurdles      Men      Heat 2      Wind:+0.0mps

Pos.	Bib	Name	Club	D of Birth	Mark
1st	219	Salim Nurudeen	unattached		13.88secs
2nd	349	Chime Zedekiah	Lonestar	10/07/1975	14.73secs
3rd	94	Simon Ayuba	Benue		15.47secs
4th	563	Elvis Akpoghre	Police		15.82secs

2.40pm      Hammer      Women      Final

POS.	Bib	Name	Club	D of Birth	Mark
1st	177	Funke Adeoye	Edo		54.10m
2nd	104	Queen Obisesan	Christable		51.95m
3rd	342	Rashidat Quadri	Laspotech		48.35m
4th	788	Samul Omolara	Ondo		47.48m
5th	120	Feyisayo Daramola	Delta		46.00m
6th	524	Asigboka Briggs	Police		44.20m

3.00pm      400m      Women      Heat 1

Pos.	Bib	Name	Club	D of Birth	Mark
1st	412	Folashade Abigal	NCSDC		53.34secs
2nd	418	Nwokocha Ngozi	NCSDC		55.50secs
3rd	529	Ekene Comfort	Police		57.58secs
4th	408	Elejo Ali	NCSDC		59.20secs

3.00pm      400m      Women      Heat 2

Pos.	Bib	Name	Club	D of Birth	Mark
1st	119	Endurance Abinuwa	Delta		53.32secs
2nd	528	Josephine	Police		53.50secs
3rd	543	Raji Falilat	Police		54.42secs
4th	522	Akinduro Folajogun	Police		54.52secs
5th	419	Oluoma Nwoke	NCSDC	16/7/1978	55.49secs
6th	786	Kamilu Mutiat	Ondo		61.59secs
7th	18	Oladunni Odunuga	A-Class-A	05/11/1995	64.45secs
8th	39	Oladiji Eludamilola	Osun		78.96secs

3.00pm      400m      Women      Heat 3

Pos.	Bib	Name	Club	D of Birth	Mark
1st	705	Magaret Etim	Ondo		53.88secs
2nd	179	Happy Atufe	Edo		54.31secs
3rd	403	Adama Muhammed	NSCDC		54.63secs
4th	421	Queen Ogbemudia	NSCDC		54.68secs

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5th	393	Folake Balogun	Navy	55.75secs
6th	527	Chinewndu Onwuegbuchulam	Poilice	58.83secs

3.30pm      400m      Men      Heat 1

Pos.	Bib	Name	Club	D of Birth	Mark
1st	560	Ekundayo Sehibo	Police		48.47secs
2nd	274	Aguihe Samuel	Imo		49.49secs
3rd	86	Abu Akpan	Benue		49.50secs
4th	347	Bariadora Friday	Lonestar		50.63secs
5th	487	Adepoju Moruf	Oyo		50.86secs
6th	354	Alabi Olumide	Lonestar		51.15secs
7th	667	Ebun Adeyemi	Lagos		51.99secs

3.30pm      400m      Men      Heat 2

Pos.	Bib	Name	Club	D of Birth	Mark
1st	106	Fred Agbaje	Christable	26/6/1988	47.63secs
2nd	779	Soul Weigopwa	Adamawa		48.16secs
3rd	567	Habila Danjuma	Police		48.25secs
4th	441	Joseph Umoh	NSCDC		48.65secs
5th	574	Mohammed Nasiru	Police		48.95secs
6th	569	Israel L. Ekanem	Police		49.17secs
7th	552	Madunta Chukwuma	Police		50.47secs
8th	692	Ekanusua Owoidehe	A/Ibom		53.72secs

3.30pm      400m      Men      Heat 3

Pos.	Bib	Name	Club	D of Birth	Mark
1st	428	Akwu Noah	NSCDC		47.79secs
2nd	579	Ogunkole Segun	Police		48.06secs
3rd	132	Edafe Krakitie	Delta		48.22secs
4th	208	Nwafor Onyeji	Enugu		48.44secs
5th	437	otoh Cyrian	NSCDC		49.20secs
6th	20	Nafiu Kazeem	Oyo		51.22secs
7th	616	Ogbonnaya Sebastine	Police		51.25secs
	98	Oseni Mohammed	Benue		DQ

3.30pm      400m      Men      Heat 4

Pos.	Bib	Name	Club	D of Birth	Mark
1st	436	Onokoya Abiola T.	NSCDC		48.66secs
2nd	134	Elvis Ukale	Delta		48.77secs
3rd	781	Samuel Japhet	Adamawa		49.46secs
4th	703	Ibrahim Idris	Sokoto		50.77secs

3.30pm      400m      Men      Heat 5

Pos.	Bib	Name	Club	D of Birth	Mark
1st	218	Amaechi Morton	Unattached		47.78secs



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2nd	150	Vitalis Daniel	Delta		49.35secs
3rd	711	Junior Mohammed	Sokoto		60.71secs

3.30pm      400m      Men      Heat 6

Pos.	Bib	Name	Club	D of Birth	Mark
1st	433	Goddy James	NCSDC		47.98secs
2nd	483	Bola Lawal	Oyo		49.37secs
3rd	604	Obinna Nwabueze	Police		49.85secs
4th	642	Akerele Omeiza	Edo		52.53secs
5th	556	Taiye Shobande	Police		53.24secs

3.30pm      100m      Men      R 2 Heat 1      Wind: +0.1mps

Pos.	Bib	Name	Club	D of Birth	Mark
1st	432	Fasuba Olusoji	NCSDC		10.42secs Q
2nd	16	Onyeaku Chukwuma	Oyo		10.70secs Q
3rd	570	Kasumu Ahmed	Police		10.74secs Q
4th	273	Nwokocha Ndubusi	Imo		10.83secs
5th	165	Stephen Emelieze	Eagle Sight		10.85secs
6th	583	Okwonma Chijoke	Police		10.86secs
7th	427	Akinrogunde Ayoyemi	NCSDC		10.90secs
8th	332	Fredrick Oguamana	Laspotech		10.95secs

3.30pm      100m      Men      R 2 Heat 2      Wind: +0.1mps

Pos.	Bib	Name	Club	D of Birth	Mark
1st	431	Chinedu Oriala	NCSDC		10.39secs Q
2nd	206	Christopher Nwanze	Enugu		10.58secs Q
3rd	550	Azike Henry	Police		10.62secs Q
4th	255	Bamidele Taiwo	Immigration		10.73secs
5th	306	Uzordimma Anialogu	Kaduna		10.78secs
6th	790	Isijola Kayode	Ondo		10.79secs
7th	425	Agi Christopher	NCSDC		10.90secs
8th	401	Obasi Christopher	Navy		11.00secs

3.30pm      100m      Men      R 2 Heat 3      Wind: +0.0mps

Pos.	Bib	Name	Club	D of Birth	Mark
1st	635	Onyeabor Nwogwu	Prison		10.37secs Q
2nd	440	Uche Isaac	NCSDC		10.68secs Q
3rd	551	Nwosu Christian	Police		10.77secs Q
4th	50	Ejike Oguno	Anambra		10.89secs
5th	116	Isah Saliu	Custom		10.92secs
6th	553	Danjuma Andrew	Police		11.18secs

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3.30pm      100m      Men      R 2 Heat 4      Wind: +0.8mps

Pos.	Bib	Name	Club	D of Birth	Mark
1st	138	Obinna Metu	Delta		10.29secs Q
2nd	142	Peter Emeliezie	Delta		10.36secs Q
3rd	675	Benedict Ajiduah	Delta		10.62secs Q
4th	367	Peter Unegbu	Mega Rock		10.68secs q
5th	644	Chinenen Iroanwusi	Rivers		10.81secs
6th	49	Austine Udeagu	Anambra		10.89secs
7th	47	Edu Emeka	Anambra		11.24secs
8th	21	James Sambo	Prison		11.47secs

3.30pm      100m      Men      R 2 Heat 5      Wind: +0.8mps

Pos.	Bib	Name	Club	D of Birth	Mark
1st	133	Egwero Ogbo-Ogehene	Delta		10.44secs Q
2nd	290	Benjamin Adukwu	Kaduna		10.65secs Q
3rd	28	Adejoh Sunday	Airforce		10.68secs Q
4th	488	Nicholas Akinniyi	Oyo		10.77secs
5th	163	Niyi Megbodofo	Eagle Sight		10.86secs
6th	653	Richard Ogunleye	Jigawa		11.09secs
7th	549	Anthony Ugu	Police		11.16secs
8th	23	Isah P. Amana	Sokoto		11.21secs

3.30pm      200m Women Heptathlon      Wind: -0.0mps

Pos.	Bib	Name	Club	D of Birth	Mark
1st	533	Ifeoma Mba	Police		26.24secs
2nd	183	Okoro Patience	Edo		26.58secs
3rd	180	Hope Aruya	Mausi		28.60secs

Pole Vault Men Final

Pos.	Bib	Name	Club	D of Birth	Mark
1st	191	John Adigigbi	Edo		3.70m
2nd	399	Michael Agiepo	Navy		3.60m
3rd	96	Sunday Ochapa	Benue		3.50m
4th	88	Francis Eze	Benue		3.40m
5th	503	David Dung	Plateau		3.30m

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Shot Put Men Final

Pos.	Bib	Name	Club	D of Birth	Mark
1st	631	Kenechukwu Ezeofor	Prisons		15.52m
2nd	196	Victor Omoigberale	Edo		15.32m
3rd	257	Christopher Ameh	Immigration		15.09m
4th	490	Tunde Adeyemi	Oyo		14.67m
5th	554	Dennis Osia	Police		14.12m
6th	793	Adams Yakubu	Ondo		14.12m
	637	Samuel Nnam	Prisons		13.95m
8th	205	Chidozie James	Enugu		13.17m

Discus Women Final

Pos.	Bib	Name	Club	D of Birth	Mark
1st	128	Vivian Chukwuemeka	Delta		48.36m
2nd	416	Keke Immaculate	NCSDC		41.90m
3rd	540	Obubuleye O. Perrt	Police		41.52m
4th	202	Stella Okpokwu	Enugu		35.23m
5th	185	Uwaye Ibhaguezegie	Edo		35.20m
6th	788	Samuel Omolara	Ondo		35.12m
7th	277	Efobi C. Celestina	Jigawa		31.37m
8th	406	Chime Nkechi	NCSDC		29.14m

3.30pm 5000m Women

Pos.	Bib	Name	Club	D of Birth	Mark
1st	413	Genevive Njoku	NSCDC		17.51.66 secs
2nd	499	Potkang James	Plateau		17.59.20 secs
3rd	697	Amadi Ifeayin	Mountainer		18.09.58secs
4th	787	Ayichi Omoyemi	Ondo		18.16.80 secs
5th	250	Nancy Pam	Immigration		18.21.68 secs
6th	493	Deborah Awute	Plateau		18.31.73 secs
7th	498	Ruth Sani Awute			18.39.27 secs
8th	80	Iwangber Akaha	Benue		18.47.59 secs
9th	84	Sonye Mammyer			18.58.03 secs
10th	505	Caroline Terla			18.59.82 secs

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**Day 2 24/07/2009**

7.00am Marathon Women

Final

Pos.	Bib	Name	Club	D of Birth	Mark
1st	526	Dintis Yohanna	Police		1:25:41:99secs
2nd	697	Janet Dung	Bauchi		1:26:48:75secs
3rd	357	Lydia Micheal	Kaduna		1:27:54:97secs
4th	241	Sulaiman Monsurat	GT		1:41:43:80secs
5th	598	Manus Grace	Police		1:44:47:95secs
6th	358	Monica S. Dikko	Lagos		1:50:55:08secs

7.05am Marathon Men

Final

Pos.	Bib	Name	Club	D of Birth	Mark
1st	402	Emmanuel Gyang	Plateau		1:11:36:74secs
2nd	502	Danjuma Gyang	Plateau		1:11:50:80secs
3rd	695	Wilson Eku	Bauchi		1:12:16:20secs
4th	615	Femi Olusanya	Police		1:12:38:74secs
5th	698	Dauda Simon	Bauchi		1:14:37:87secs
6th	307	David K. Barnabas	Kwara		1:15:24:38secs
7th	93	Nmathew Onuminya	Benue		1:15:25:37secs
8th	666	Alli Labeeb	Triumphant		1:15:51:09secs
9th	402	Samaila Abanatus			1:16:32:53secs
10th	244	Okin Fasasi			1:16:41:43secs
11th	562	Elisha Wabi			1:16:58:52secs
12th	609	Hussani Ibrahim			1:18:06:36secs

9.00am Hammer

Men

Final

Pos.	Bib	Name	Club	D of Birth	Mark
1st	796	Ibrahim Baba	Ondo		55.55m
2nd	398	Dauda Omizi	Navy		49.85m
3rd	267	Onoyanse Felix	Immigrtion		45.94m
4th	136	Dpuana Felix	Delta		45.92m
5th	594	Ekong Samuel	Police		42.81m
6th	594	Okoh Richard	Police		34.24m

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9.05am Long Jump Women Heptathlon

Pos.	Bib	Name	Club	D of Birth	Mark
1st	183	Okoro Patience	Edo		5.59m +0.1
2nd	533	Ifeoma Mba	Police		5.59m +0.0
3rd	180	Hope Aruya	Mausi		5.24m +0.2

9.10am 400m Hurdles Women Heat 1

Pos.	Bib	Name	Club	D of Birth	Mark
1st	125	Muzida A. Odumosu	Delta		57.34secs
2nd	522	Folajogun Akinduro	Police		60.55secs
3rd	575	Toyin Afolabi	Police		62.30secs
4th	346	Efe Favour	Lonstar		67.19secs

9.10am 400m Hurdles Women Heat 2

Pos.	Bib	Name	Club	D of Birth	Mark
1st	117	Amaka Ogoegbunam	Delta		56.84secs
2nd	544	Sunday Joy	Police		59.27secs
3rd	393	Folake Balogun	Navy		60.22secs
4th	173	Edit Ekechi	Edo		61.81secs
5th	536	Lawal Abimbola	Police		62.11secs

9.30am 400m Hurdles Men Heat 1

Pos.	Bib	Name	Club	D of Birth	Mark
1st	217	Akobundu Ikwuakor	Unattached		50.36secs
2nd	589	Oyewole Tajudeen	Police		54.12secs
3rd	684	Glory Okpako	Cougar		55.07secs
4th	576	Tosin Ogedegbe	Police		56.14secs
5th	29	Adeyeye Adeola	Airforce		58.92secs
6th	578	Peter Oamen	Police		59.13secs

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9.30am      400m Hurdles                      Men                      Heat 2

Pos.	Bib	Name	Club	D of Birth	Mark
1st	276	Ivory Onakpobere	Benue		53.37secs
2nd	14	Okoro Chukwuagozi	Abia		54.79secs
3rd	610	Johnson Believer	Police II		55.08secs
4th	236	Tajudeen Elesho	Police		57.22secs
5th	596	Odeh Vincent	Police		57.29secs
6th	309	Hammed Muritala	Kwara		58.45secs

9.30am      400m Hurdles                      Men                      Heat 3

Pos.	Bib	Name	Club	D of Birth	Mark
1st	149	Ufuoma Okotie	Delta		53.73secs
2nd	368	Steve Fikah	Mega Rock		54.04secs
3rd	351	Deinma Afiesimama	Lonestar		54.61secs
4th	237	Thomas Davis	God'swill		54.67secs
5th	687	Rio Funsho	Oyo		54.90secs
6th	654	Uzoamaka Eddo	Jigawa		57.92secs

9.50am      100m                                      Men                      Decathlon      Wind: +0.0mps

Pos.	Bib	Name	Club	D of Birth	Mark
1st	430	Charles Himah	NCSDC		11.00secs
2nd	8	ARINZE oKAFOR	Abia		11.48secs
3rd	580	Oguntade Lukeman	Police		11.67secs
4th	607	Jacob Akor	Police		11.74secs
5th	22	Yusufu Rafiu	Police		11.78secs
6th	178	Gabriel Francis	Edo		12.01secs
7th	491	Egbogu Uzodimma	Oyo		12.02secs
8th	571	Lai Marcus	Police		12.12secs

10.00am      Javelin                                      Women                      Heptathlon

Pos.	Bib	Name	Club	D of Birth	Mark
1st	183	Okoro Patience	Edo		41.85m
2nd	180	Hope Aruya	Mausi		26.16m

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3rd	533	Ifeoma Mba	<b>RESULTS</b> Police		24.97m
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10.20am Long Jump Men Decathlon

Pos.	Bib	Name	Club	D of Birth	Mark
1st	430	Charles Humah	NCSDC		7.28m +0.3
2nd	178	Gabriel Francis	Edo		6.59m +0.0
3rd	8	Arinze Okafor	Abia		6.59m +0.2
4th	580	Oguntade Lukman	Police		6.40m +0.0
5th	607	Jacob Akor	Police		6.37m +0.0
6th	491	Egbeogu Uzodinma	Oyo		6.22m -0.2
7th	22	Yusuf Rafiu	Police		5.68m +0.0
8th	571	Lai Marcus	Police		5.59m +0.0

10.30am 800m Men Heat 1

Pos.	Bib	Name	Club	D of Birth	Mark
1st	568	Ishaku Mohammed	Police		1:51.29secs
2nd	6	Agu Justice	Abia		1.52.11secs
3rd	474	Eze Oke Anayo	Osheku		1.55.33secs
4th	223	Henry Okorie	FCT		1.57.19secs
5th	89	Godwin Apuu	Benue		1.57.43secs
6th	611	Maduabuchi Nwaazeze	Police II		1.57.72secs
7th	603	Christian Dalyop	Police		1.59.71secs
8th	586	Musa Abdullahi	Police		2.00.32secs
9th	492	John Amos	NCSDC		2.01.32secs
10th	641	Eruaga Samuel	Red Lion		2.02.79secs

10.30am 800m Men Heat 2

Pos.	Bib	Name	Club	D of Birth	Mark
1st	476	Lawrence Osheku	Osheku		1.54.84secs
2nd	782	Ibrahim Ahmed	Adamawa		1.55.13secs
3rd	632	Lucky lyoha	Prisons		1.55.20secs
4th	204	Chibuzor Igiliegbé	Enugu		1.55.25secs
5th	30	Dauda Mathew	Airforce		1.55.27secs
6th	97	Umunna Nwoye	Benue		1.59.13secs
7th	446	Elisha Abu	Niger	09/01/1985	1.59.54secs
8th	388	Gyang Y. Ndong	Nasarawa		2.00.34secs
9th	582	Okoro Chukwugozie	Police		2.03.78secs

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10th	172	Thank God Ezikel	<b>RESULTS</b> Ebonyi		21.19.93secs
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11.20am 4x100m Men Heat 1

Pos.	Bib	Name	Club	D of Birth	Mark
1st	427	NCSDC	NCSDC		41.58secs
2nd	656	Jigawa	Jigawa		41.63secs
3rd	570	Police	Police		42.32secs
4th	45	Anambra	Anambra		42.89secs
5th	380	Mountaineer	Mountaineer		43.34secs
6th	332	Laspotech	Laspotech		43.38secs
7th	21	Prisons	Prisons		44.42secs

11.20am 4x100m Men Heat 2

Pos.	Bib	Name	Club	D of Birth	Mark
1st	148	Delta	Delta		41.91secs
2nd	401	Navy	Navy		42.08secs
3rd	488	Oyo	Oyo		42.11secs
4th	308	Kwara	Kwara		43.03secs
5th	451	Niger	Niger		43.77secs
6th	61	Arcade	Arcade		44.15secs
7th	711	Sokoto	Sokoto		46.50secs

Afternoon

800m Women

Heptathlon

Pos.	Bib	Name	Club	D of Birth	Mark
1st	533	Ifeoma Mba	Police		2.37.20secs
2nd	183	Okoro Patience	Edo		2.48.47secs
3rd	180	Hope Aruya	Mausi		3.11.73secs

Women

Heptathlon

Final

Pos.	Bib	Name	Club	D of Birth	Mark
1st	183	Okoro Patience	Edo		4,858 points
2nd	533	Ifeoma Mba	Police		4,245 points
3rd	180	Hope Aruya	Mausi		3,734 points



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Shot Put Men

Decathlon

Pos.	Bib	Name	Club	D of Birth	Mark
1st	8	Okafor Arinze	Abia		12.55m
2nd	178	Gabriel Francis	Edo		11.50m
3rd	491	Egbeodun Uzodunma	Oyo		10.59m
4th	580	Oguntade Lukeman	Police		10.49m
5th	430	Charles Himah	Civic		10.16m
6th	571	Lia Marcus	Police		9.01m
7th	22	Yusuf Rafiu	Police		8.97m
8th	607	Jacob Akor	Police		7.31m

Long Jump Women Final

Pos.	Bib	Name	Club	D of Birth	Mark
1st	118	Blessing Okagbuare	Delta		6.73m+0.2
2nd	123	Idhe Hope	Delta		6.19m+0.0
3rd	619	Chinnazor Amadi	Prison		6.05m+0.0
4th	10	Blessing Ibrahim	Abia		5.82m+0.0
5th	327	Ann Okafor	Laspotech		5.68m+0.0
6th	577	Adenuwogun Adewunmi	Police		5.67m+0.1
7th	683	Edem Euphemia	C/Rivers		5.66m-0.2
8th	649	Odili Veronica	Slokan		5.55m+1.0

Shot Put Women Final

Pos.	Bib	Name	Club	D of Birth	Mark
1st	128	Vivian Chukwuemeka	Delta		17.31m
2nd	181	Mariam Ibekwe	Edo		14.34m
3rd	406	Chime Nkechi	NCSDC		13.87m
4th	202	Stella Okpokwu	Enugu		12.18m
5th	672	Ogbukwu Eucharua	Delta		11.73m
6th	524	Asigobaka Briggs	Police		11.40m
7th	540	Obubeleye Osaki-Pere	Police		11.37m
8th	606	Juliet Okoebor	Police		10.18m

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2.20pm 100m Women Semi-Final 1 Wind: -0.1mps

Pos	Bib	Name	Club	D of Birth	Mark
1st	118	Blessing Okagbare	Delta		11.38secs
2nd	404	Agnes Osasuwa	NCSDC		11.72secs
3rd	423	Susan Akene	NCSDC	23/03/1989	11.83secs
4th	414	Jasper Adekunle	NCSDC	05/08/1990	12.02secs
5th	643	Stella Silas	Rivers		12.08secs
6th	345	Blessing Ibrah	Police	11/10/1992	12.09secs
7th	531	Esther Ineghenaki	Police		12.40secs
8th	534	Igwe Ihuoma	Police		12.62secs

2.20pm 100m Women Semi Final 2 Wind: -0.2mps

Pos	Bib	Name	Club	D of Birth	Mark
1st	420	Osayomi Damola	NCSDC		11.46secs
2nd	5	Omaka Josephine	Abia		11.66secs
3rd	214	Olivia kizzee	Unattached		11.67secs
4th	520	Abibatu Yusuf	Police		12.02secs
5th	532	Funmi Ogundana	Police		12.12secs
6th	405	Bassey Gloria	NCSDC	21/11/1991	12.13secs

2.20pm 100m Women Semi Final 3 Wind: 0.0mps

Pos	Bib	Name	Club	D of Birth	Mark
1st	122	Halimat Ismaila	Delta		11.53secs
2nd	65	Gloria Kemasuode	Bayelsa		11.65secs
3rd	409	Helen Emedolu	NCSDC		11.81secs
4th	27	Omolara Omoloye	Airforce		12.07secs
5th	620	Mary Essene	Prisons	24/07/1989	12.12secs
6th	521	Adegoke Tawa	Police		12.15secs
7th	415	Joy Digha	NCSDC		12.23secs
8th	197	Bunmi Jethro	Ekiti	20/08/1992	12.31secs

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2.40pm 100m Men Semi-Final 1 Wind: 0.0mps

Pos	Bib	Name	Club	D of Birth	Mark
1st	138	Obina Metu	Delta		10.26secs
2nd	432	Fasuba Olusoji	NCSDC		10.32secs
3rd	635	Onyeabor Nwogwu	Prison		10.43secs
4th	206	Christopher Nwanze	Enugu		10.46secs
5th	440	Uche Isaac	NCSDC		10.63secs
6th	570	Kasumu Ahmed	Police		10.67secs
7th	16	Onyeaku Chukwuma	Abia		10.69secs
8th	675	Benedict Ajiduah	Delta		10.72secs

2.40pm 100m Men Semi-Final 2 Wind:-0.2mps

Pos	Bib	Name	Club	D of Birth	Mark
1st	431	Chinedu Oriala	NCSDC		10.35secs
2nd	133	Egwero Ogho-Ogehene	Delta		10.39secs
3rd	142	Peter Emelieze	Delta		10.45secs
4th	550	Azike Henry	Police		10.59secs
5th	280	Benjamin Adukwu	Kaduna		10.67secs
6th	367	Peter Unegbu	Mega Rock		10.74secs
7th	28	Adejoh Sunday	Airforce		10.75secs
8th	551	Nwosu Christian	Police		10.92secs

3.05pm 1,500m Women Final

Pos	Bib	Name	Club	D of Birth	Mark
3rd	2	Ihekandu Philomina	Abia		4:49.55secs
6th	498	Nkechi Felix	Plateau		5:20.37secs
1st	85	Shimenenege Agber	Benue		4:44.11secs
7th	203	Zipporah Bossan	Enugu		5:26.53secs
4th	541	Oribamise Olajumoke	Police		4:53.13secs
5th	505	Caroline Tarla	Mountainers		5:06.50secs
2nd	121	Grace Chimekwere	Delta		44.44.75secs
8th	700	Blessing Maigari	FCT		6:22.47secs

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11:40am		1500m		Men		Final	
Pos	Bib	Name	Club	D of Birth	Mark		
1st	259	Enoch Dongoyaro	Immigrtion		3:53.40secs		
2nd	268	Sharum Ajuji	Immigrtion		3:54.94secs		
3rd	506	Kedangbun Joshua	Plateau		3:56.27secs		
4th	566	Ajani Abiodun	Police		4:04.34secs		
5th	792	Osuolale Taiwo	Ondo		4:09.81secs		
6th	608	Bamwo Mayowa	Police		4:12.00secs		
7th	789	Micheal Aruna	Adamawa		4:17.67secs		

3.25pm		Javelin		Women		Final	
Pos	Bib	Name	Club	D of Birth	Mark		
1st	416	Keke Immaculate	NCSDC	11/11/1982	42.16m		
2nd	183	Okoro Patience	Edo		41.29m		
3rd	525	Benedicta Itua	Police		40.24m		
4th	784	Hadisa Musa	Adamawa		37.82m		
5th	364	Rhoda Onojokpa	Mausi		34.84m		
6th	623	Stella Aniobi	Prisons	29/12/1989	31.81m		
7th	469	Nwodo Rosemary	Olyan	01/08/1981	27.89m		
	126	Sorochukwu Ihuefo	Delta		DQ		

		Triple Jump		Men		Final	
Order	Bib	Name	Club	D of Birth	Mark		
1st	343	Tosin Oke	Unattached		16.65m +0.2		
2nd	629	George Jones	Prison		15.25m +0.4		
3rd	458	Busayo Sodipo	Ogun		15.15m +0.0		
4th	396	Alington Uwasayemi	Navy		14.65m +0.0		
5th	131	Blessed Uguwamadu	Delta		14.60m +0.3		
6th	565	Efezi Ogbinnaka	Police		14.37m +0.0		
7th	489	Odunmosu Ogenegaga	Oyo		14.35m +0.0		
8th	135	Emmanuel College	Delta		14.14m +0.0		

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4.00pm		400m		Men	Decathlon
Pos.	Bib	Name	Club	D of Birth	Mark
1st	8	Okafor Arinze	Abia		51.63 secs
2nd	430	Charles Himah	Civic		51.75 secs
3rd	571	Lia Marcus	Police		54.49 secs
4th	491	Egbeodun Uzodunma	Oyo		54.87 secs
5th	178	Gabriel Francis	Edo		55.81 secs
6th	607	Jacob Akor	Police		56.30 secs
7th	22	Yusuf Rafiu	Police		56.54 secs

4.30pm		400m		Men	Semi Final 1
Pos	Bib	Name	Club	D of Birth	Mark
1st	483	Bola Lawal	Oyo		46.25secs
2nd	433	Goddy James	NSCDC		46.27secs
3rd	428	Akwu Noah	NSCDC		46.59secs
4th	579	Ogunkole Segun	Police		46.97secs
5th	208	Nwafor Onyeji	Enugu		47.87secs
6th	134	Elvis Ukale	Delta		47.90secs
7th	560	Ekundayo Sehibo	Police		48.64secs
8th	132	Edefe Krakitie	Delta		49.19secs

4.30pm		400m		Men	Semi Final 2
Pos	Bib	Name	Club	D of Birth	Mark
1st	779	Saul Weigopwa	Adamawa		46.24secs
2nd	436	Onokoya Abiola T	NSCDC	10/10/1990	46.60secs
3rs	218	Amaechi Morton	Unattached		46.75secs
4th	106	Fred Agbaje	Christable	26/6/1988	46.92secs
5th	441	Joseph Umoh	NSCDC		48.15secs
6th	567	Habila Danjuma	Police		48.17secs
7th	150	Vitalis Daniel	Delta		49.26secs
8th	274	Aguihe Samuel	Imo		49.56secs

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4.30pm High Jump Women Final

Lane	Bib	Name	Club	D of Birth	Mark
1st	157	Doreen Amata	Eagle Sight	05/06/1988	1.90m
2nd	127	Ukuh Nneka	Immigration		1.75m
3rd	123	Hope Ideh	Delta		1.70m
4th	35	Chioma Enemo	Anambra	10/05/1993	1.60m
5th	37	Esiekpe Young Rookie	Anambra	16/05/1992	1.60m

4.50pm 10,000m Women Final

Pos	Bib	Name	Club	D of Birth	Mark
1st	493	Deborah Pam	Plateau		36:53.49secs
2nd	499	Potkang james	Plateau		38:07.89secs
3rd	496	Ladi Henry	Plateau		38:38.70secs
4th	84	Sange Mamnyer	Benue		38:43.48secs
5th	80	Iwanger Akaha	Benue		39:50.47secs
6th	699	Caroline Tarla	Mountainer		41:19.13secs
7th	665		Triumphant		41:46.84secs
8th	330	Ogodo ngozi	LASPOTECH		43:05.65secs

5.30pm 200m Women Heat 1 Wind:-0.2mps

Pos	Bib	Name	Club	D of Birth	Mark
1st	117	Amaka Ogoegbunam	Delta		24.02secs
2nd	214	Olivia kizzee	Unattached		24.13secs
3rd	345	Blessing Ibirah	Police	11/10/1992	24.27secs
4th	472	Iwundu Doris	Osheku	28/04/1994	25.38secs
5th	470	Abike Egbeniyi	Osheku		26.52secs
6th	18	Oladunni Odunuga	A- Class		27.80secs
7th	356	Tungbowee Senefa	Lonestars	03/02/1994	28.30secs

5.30pm 200m Women Heat 2 Wind:-0.1mps

Pos	Bib	Name	Club	D of Birth	Mark
1st	65	Gloria Kemasuode	Bayelsa		23.92secs
2nd	423	Susan Akene	NCDSC		24.03secs
3rd	520	Abibat Yusuf	Police		24.85secs
4th	27	Omolara Omoloye	Airforce		24.99secs
5th	370	Mercy Abu	MMAA		26.63secs

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<b>RESULTS</b>					
6th	323	Kadiri Sarah Aderonke	LASPOTECH		27.56secs
7th	56	Nancy Romanus	Arcade		27.87secs

5.30pm      200m      Women      Heat 3      Wind:-0.0mps

Pos	Bib	Name	Club	D of Birth	Mark
1st	122	Halimat Ismaila	Delta		23.49secs
2nd	414	Jasper Adekunle	NCDSC		24.50secs
3rd	521	Adegoke Tawa	Police		24.99secs
4th	197	Bunmi Jethro	Ekiti	20/08/1992	25.14secs
5th	39	Oladiji Eludamola	Osun		30.49secs
6th	701	Fatima Ibrahim	Sokoto		36.18secs

200m Men

Heat 1

Wind:-0.0mps

Pos.	Bib	Name	Club	D of Birth	Mark
1st	106	Fred Agbaje	Christable		21.58 secs
2nd	675	Benedit Ajiduah	Delta		21.99 secs
3rd	488	Akinniyi Nicholas	Oyo		22.19 secs
4th	50	Ejike Ogunno	Anambra		22.63 secs
5th	320	Adeniyi Damola	Osheku		23.13 secs
6th	652	Ejah Benard	Jigawa		23.37 secs
7th	381	Davou	Mountainer		23.44 secs
8th	379	Amadi R. Ifeayi	Mountainer		23.58 secs

200m Men

Heat 2

Wind:-0.0mps

Pos.	Bib	Name	Club	D of Birth	Mark
1st	790	Isijola Kayode	Ondo		21.73 secs
2nd	273	Udubusi Nwokocha	Imo		21.99 secs
3rd	435	Odeka Gerald	NCSDC		22.36 secs
4th	401	Obasi Christopher	Navy		22.39 secs
5th	92	James Werna	Benue		22.95 secs
6th	236	Elesho Tajudeen	Police		23.11 secs
7th	63	Oduwole Olamide	Immigration		23.26 secs
8th	451	Jiya Samuel	Niger		23.75 secs

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200m Men

Heat 3

Wind:-0.0mps

Pos.	Bib	Name	Club	D of Birth	Mark
1st	138	Obina Metu	Delta		22.09 secs
2nd	583	Okeundma Chijoke	Police		22.15 secs
3rd	116	Isah Salihu	Custom		22.48 secs
4th	789	Akingbe Olamiposi	Ondo		22.68 secs
5th	61	Seyi Olayinka	Zamfara		23.16 secs
6th	693	Basseyy Udoh	A/lbom		23.59 secs
7th	651	Nicholas Nwachukwu	Diamond		25.35 secs

200m Men

Heat 4

Wind:-0.0mps

Pos.	Bib	Name	Club	D of Birth	Mark
1st	660	Obinwa Nwosu	Jigawa		22.88 secs
2nd	450	David Umaru	Niger		22.90 secs
3rd	354	Alabi Olumide	Lonestar		23.06 secs
4th	639	Nkwocha Christopher	Prison		23.22 secs
5th	645	Edwin G. Edwin	Rivers		23.87 secs
6th	170	Chukwu Kosiso	Ebonyi		24.42 secs
7th	375	Abba Micheal	Mountainer		24.65 secs

200m Men

Heat 5

Wind:-0.0mps

Pos.	Bib	Name	Club	D of Birth	Mark
1st	161	Adigun Afizz	Eagle Sight		22.88 secs
2nd	616	Osmond Mgbeahurike	Police 11		23.03 secs
3rd	232	Esabuno Magwah	Glober		23.34 secs
4th	677	Kolawole Toyin	Gateway		23.36 secs
5th	703	George Ulems	Sokoto		23.62 secs

200m Men

Heat 6

Wind:+0.0mps

Pos.	Bib	Name	Club	D of Birth	Mark
1st	133	Oghoghene Ogwerewo	Delta		21.88 secs
2nd	427	Akinrogunde Ayo	NSCDC		22.27 secs
3rd	45	Anene Chike	Anambra		22.41 secs
4th	642	Akerele Omuiza	Edo		23.32 sec



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<b>RESULTS</b>					
5th	667	Adeyemi Ebun	Lagos		23.53 secs
6th	704	Abiodun Adeniran	Sokoto		24.07 secs

High Jump Men

Decathlon

<b>Pos.</b>	<b>Bib</b>	<b>Name</b>	<b>Club</b>	<b>D of Birth</b>	<b>Mark</b>
1st	8	Okafor Arinze	Abia		1.85m
2nd	491	Egbeodun Uzodunma	Oyo		1.80m
3rd	430	Charles Himah	Civic		1.75m
4th	178	Gabriel Francis	Edo		1.70m
5th	607	Jacob Akor	Police		1.70m
6th	580	Oguntade Lukeman	Police		1.60m
7th	571	Lia Marcus	Police		1.55m
8th	22	Yusuf Rafiu	Police		1.40m

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**DAY 3: 25/07/2009 AM**

10.30am		5,000m		Men	Final
Pos	Bib	Name	Club	D of Birth	Mark
1st	696	John Bulus			14:41.78secs
2nd	265	Danjuma Kopkuddi	Immigrtion		14:45.25secs
3rd	597	Williams Kefas	Police		14:46.53secs
4th	669				14:55.85secs
5th	90	Guntu Ordughga	Benue	08/11/1984	14:56.38secs
6th	508	Iliya Pam	Mountianer		15:24.22secs
7th	595	Yenyi Stephen	Police		15:57.36secs

10.55am		110m Hurdles		Men	Decathlon
Pos	Bib	Name	Club	D of Birth	Mark
1st	430	Charles Himah	NCDSC		15.50secs
2nd	8	Okafor Arinze	Abia		16.85secs
3rd	178	Gabriel Francis	Edo		17.10secs
4th	491	Egbeodun Uzodunma	Oyo		17.15secs
5th	571	Lia Marcus	Police		20.07secs
6th	22	Yusuf Rafiu	Police		20.66secs
7th	607	Jacob Akor	Police		20.76secs

11.30pm		Discus		Men	Decathlon
Pos	Bib	Name	Club	D of Birth	Mark
1st	8	Okafor Arinze	Abia		37.71m
2nd	178	Gabriel Francis	Edo		35.15m
3rd	491	Egbeodun Uzodunma	Oyo		34.47m
4th	430	Charles Himah	NCDSC		28.40m
5th	571	Lia Marcus	Police		25.80m
6th	607	Jacob Akor	Police		21.94m
7th	22	Yusuf Rafiu	Police		21.19m

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200m Men

Semi Final 1 wind +0.2mps

Pos.	Bib	Name	Club	D of Birth	Mark
1st	106	Fred Agbaje	Christable		21.78secs
2nd	675	Benedit Ajiduah	Delta		22.02secs
3rd	488	Akinniyi Nicholas	Oyo		22.26secs
4th	92	James Werna	Benue		22.74secs
5th	450	David Umaru	Niger		22.78secs
6th	354	Alabi Olumide	Lonestar		23.00secs

200m Men

Semi Final 2 0.0mps

Pos.	Bib	Name	Club	D of Birth	Mark
1st	790	Isijola Kayode	Ondo		21.58secs
2nd	273	Udubusi Nwokocha	Imo		21.62secs
3rd	435	Odeka Gerald	NCSDC		22.23secs
4th	616	Osmond Mgbeahurike	Police II		22.89secs
5th	232	Esabuno Magwah	Global		22.99secs
6th	320	Adeniyi Damola	Osheku		23.35secs

200m Men

Semi Final 3 0.1mps

Pos.	Bib	Name	Club	D of Birth	Mark
1st	138	Obina Metu	Delta		21.25secs
2nd	116	Isah Salihu	Custom		21.89secs
3rd	583	Okeundma Chijoke	Police		21.91secs
4th	45	Anene Chike	Anambra		22.39secs
5th	427	Akinrogunde Ayo	NSCDC		22.49secs
6th	236	Elesho Tajudeen	Police		22.73secs
7th	161	Adigun Afizz	Eagle Sight		22.92secs

11.50pm Pole Vault

Men

Decathlon

Pos	Bib	Name	Club	D of Birth	Mark
1st	8	Okafor Arinze	Abia		2.80m
2nd	430	Charles Himah	NCDSC		2.80m
3rd	571	Lia Marcus	Police		2.80m
4th	491	Egbeodun Uzodunma	Oyo		2.80m
5th	178	Gabriel Francis	Edo		2.80m

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Day 3 Afternoon

2.00pm		Long Jump	Men	Final	
Pos	Bib	Name	Club	D of Birth	Mark
1st	147	Stanley Gbagbeke	Delta		7.92m +0.1
2nd	584	Oladimeji Toyin	Police		7.33m -0.0
3rd	394	Akpata Rapheal	Navy		7.29m -0.0
4th	254	Ayo Ajijo	Immigration		7.07m +0.0
5th	572	Lebi Psalms	Police		7.07m -0.0
6th	331	Adenigba Dayo	LASPOTECH		6.88m -0.0
7th	587	Osaze Julius	Police		6.74m -0.0
8th	482	Adekunle Aliu	Oyo		6.51m +0.0

2.00pm		400m Hurdles	Women	Final	
Pos	Bib	Name	Club	D of Birth	Mark
1st	125	Muzida AJoke Odumosu	Delta		54.80secs (NNR)
2nd	117	Amaka Ogoegbunam	Delta		55.88secs
3rd	544	Sunday Joy	Police		58.50secs
4th	522	Folajogun Akinduro	Police		58.58secs
5th	393	Folake Balogun	Navy		60.12secs
6th	575	Toyin Afolabi	Police		60.32secs
7th	173	Edit Ekechi	Edo		61.95secs

New National Record Subject to ratification

2.05pm		High Jump	Men	Final	
Pos	Bib	Name	Club	D of Birth	Mark
1st	777	Adetayo Adesanya	FB		2.15m
2nd	139	Obiora Arinze	Delta		2.05m
3rd	207	Justus Ezeh	Enugu		2.00m
4th	546	Afamefuma Nwagbo	Police		2.00m
5th	43	Agashi Jacob	Anambra		1.90m
6th	48	Eudaola Walter Ola	Anambra	15/06/1992	1.85m

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7th	572	Lebi Psalms	<b>RESULTS</b> Police		1.85m
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2.10pm Javelin Men Decathlon

Pos	Bib	Name	Club	D of Birth	Mark
1st	8	Okafor Arinze	Abia		43.28m
2nd	607	Jacob Akor	Police		41.47m
3rd	430	Charles Himah	NCDSC		39.89m
4th	571	Lia Marcus	Police		36.36m
4th	491	Egbeodun Uzodunma	Oyo		39.62m
5th	22	Yusuf Rafiu	Police		38.59m

2.20pm 400m Hurdles Men Final

Pos	Bib	Name	Club	D of Birth	Mark
1st	217	Akobundu Ikwuakor	Unattached		50.35secs
2nd	149	Ufuoma Okotie	Delta		52.81secs
3rd	276	Ivory Onakpobere	Benue		53.36secs
4th	368	Steve Fikah	Mega Rock		53.41secs
5th	589	Oyewole Tajudeen	Police		53.76secs
6th	14	Okoro Chukwuagozi	Abia		54.45secs
7th	237	Thomas Davis	God'swill		55.57secs

2.40pm 100m Hurdles Women Final wind -0.0mpa

Pos	Bib	Name	Club	D of Birth	Mark
1st	216	Toyin Augustus	Unattached		12.97secs
2nd	415	Joy Digha	NCSDC		13.82secs
3rd	532	Funmi Ogundana	Police		13.91secs
4th	124	Lawretta Ozoh	Delta		14.74secs
5th	213	Jessica ohanaja	Unattached		14.79secs
6th	536	Lawal Abimbola	Police		14.82secs
7th	539	Monica Ameh	Police		16.47secs
	215	Seun Adigun M.	Unattached		DNF

2.50pm 110m Hurdles Men Final wind +0.0mps

Pos	Bib	Name	Club	D of Birth	Mark
1st	219	Salim Nurudeen	unattached		13.68secs
2nd	438	Samuel Okon	NCSDC		13.80secs
3rd	351	Deinma Afiesimama	Lonstar	10/06/1974	14.44secs
4th	188	Erese Nosayaba	Edo		14.78secs
5th	349	Chime Zedekiah	Lonestar	10/07/1975	14.81secs
6th	576	Ogedegbe Oluwatosin	Police		14.82secs
7th	563	Elvis Akpoghere	Police		15.53secs

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8th	94	Simon Ayuba	<b>RESULTS</b> Bende		15.91secs
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3.00pm      Discus                                      Men                                      Final

Pos	Bib	Name	Club	D of Birth	Mark
1st	220	Yemi Ayeni	Unattached		56.38m
2nd	631	Kenechukwu Ezeofor	Prisons		49.71m
3rd	257	Christopher Ameh	Immigration		48.32m
4th	554	Dennis Osia	Police		46.00m
5th	205	Chiedozie James	Enugu		44.94m
6th	793	Patrick Oguche			44.80m
7th	189	Godwin Imoisi	Edo		42.90m
8th	795	Babalola Oloruntoba	Ondo		38.93m

3.10pm      1,500m                                      Men                                      Decathlon

Pos	Bib	Name	Club	D of Birth	Mark
1st	22	Yusuf Rafiu	Police		4:51.74secs
2nd	571	Lia Marcus	Police		4:55.43secs
3rd	430	Charles Himah	NCDSC		5:14.31secs
4th	607	Jacob Akor	Police		5:21.73secs
5th	491	Egbeodun Uzodunma	Oyo		5:22.87secs
6th	8	Okafor Arinze	Abia		5:44.11secs

3.20pm      800m    Women                                      Final

Pos	Bib	Name	Club	D of Birth	Mark
1st	377	Kike Tobi	Mountainer	26/06/1982	2:10.85secs
2nd	2	Ihekandu Philomina	Abia		2:11.65secs
3rd	121	Grace Chimekwe	Delta	29/09/1990	2:13.52secs
4th	621	Rita Ifeme	Prisons		2:16.90secs
5th	541	Oribamise Olajumoke	Police		2:25.15secs
6th	384	Vivian Aputazie	Plateau		2:37.19secs
7th	558	Mary Friday	Police		2:24.28secs
8th	262	Joy Ekechi	Immigrtion	27/11/1984	2:27.45secs

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3.30pm		800m		Men	Final
Pos	Bib	Name	Club	D of Birth	Mark
1st	568	Ishaku Mohammed	Police		1:50.30secs
2nd	6	Agu Justice	Abia		1:50.64secs
3rd	782	Ibrahim Ahmed	Adamawa		1:50.90secs
4th	632	Lucky Iyoha	Prisons		1:53.33secs
5th	474	Eze Oke Anayo	Osheku		1:54.35secs
6th	476	Lawrence Osheku	Osheku		1:54.49secs
7th	204	Chibuzor Igiliegbé	Enugu		1:55.50secs
8th	30	Dauda Mathew	Airforce		1:56.68secs

3.50pm		Triple Jump		Women	Final
Pos	Bib	Name	Club	D of Birth	Mark
1st	182	Nkiruka Domike	Edo		13.95m +0.2
2nd	537	Linda Osifo	Police		13.16m -0.0
3rd	10	Blessing Ibrahim	Abia		13.14m +0.2
4th	129	Vivian Nwoke	Delta		13.01m -0.1
5th	624	Uche Obi	Prisons		12.80m +0.0
6th	246	Chinoye Ohadugha	Immigration		12.67m -0.0

4.00pm		400m		Women	Final
Pos	Bib	Name	Club	D of Birth	Mark
1st	412	Folashade Abugan	NCSDC		51.73secs
2nd	119	Endurance Abinuwa	Delta		52.43secs
3rd	528	Ehigie Josephine	Police		52.86secs
4th	705	Magaret Etim	Ondo		53.38secs
5th	179	Happy Atufe	Edo		53.94secs
6th	543	Raji Falilat	Police		54.39secs
6th	418	Nwokocha Ngozi	NCSDC		54.59secs

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4.10pm		400m		Men	Final	
Pos	Bib	Name	Club	D of Birth	Mark	
1st	779	Saul Weigopwa	Adamawa		46.01secs	
2nd	218	Amaechi Morton	Unattached		46.10secs	
3rd	428	Akwu Noah	NSCDC		46.13secs	
4th	483	Bola Lawal	Oyo		46.35secs	
5th	436	Onokoya Abiola T	NSCDC	10/10/1990	46.49secs	
6th	433	Godday James	NSCDC		46.51secs	
7th	579	Ogunkole Segun	Police		46.60secs	
8th	106	Fred Agbaje	Christable	26/6/1988	47.68secs	

4.40pm		3,000m Steeple Chase		Men	Final	
Pos	Bib	Name	Club	D of Birth	Mark	
1st	545	Abdulkadiri Abdulmumuni	Police		9:30.72secs	
2nd	511	Yakubu gyang	Plateau		9:31.27secs	
3rd	695	Wilson Eku	Bauchi		9:44.11secs	
4th	259	Enoch Dongoyaro	Immigration		9:45.31secs	
5th	268	Sharum Ajuji	Immigrtion		10:10.25secs	
6th	602	Francis Aluda	Police		10:23.43secs	
7th	612	Yaor Maraba	Benue		10:30.27secs	
8th	670	Christopher Bitrus	Kaduna		10:53.09secs	
9th	597	Seriki Oladipupo	Police		11:19.45secs	

		200m		Women	Final	wind -0.0mps
Pos	Bib	Name	Club	D of Birth	Mark	
1st	122	Halimat Ismaila	Delta		23.38secs	
2nd	117	Amaka Ogoegbunam	Delta		23.88secs	
3rd	423	Susan Akene	NCDSC		23.94secs	
4th	65	Gloria Kemasuode	Bayelsa		23.99secs	
5th	214	Olivia kizzee	Unattached		24.12secs	
6th	345	Blessing Ibrah	Police	11/10/1992	24.13secs	
7th	520	Abibat Yusuf	Police		24.73secs	
8th	414	Jasper Adekunle	NCDSC		24.76secs	



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200m Men				Final	wind -0.0mps
Pos	Bib	Name	Club	D of Birth	Mark
1st	138	Obina Metu	Delta		20.59secs
2nd	106	Fred Agbaje	Christable		21.19secs
3rd	675	Benedit Ajiduah	Delta		21.54secs
4th	273	Udubusi Nwokocha	Imo		21.63secs
5th	790	Isijola Kayode	Ondo		21.63secs
6th	583	Okeundma Chijoke	Police		21.78secs
7th	435	Odeka Gerald	NCSDC		22.07secs
8th	116	Isah Salihu	Custom		22.14secs

4x100m Women				Final	
Pos	Bib	Name	Club	D of Birth	Mark
1st	414	NCSDC			43.98secs
2nd	118	Delta			44.10secs
3rd	621	Prison			45.54secs
4th	345	Police			45.74secs
5th	27	Navy			47.29secs
6th	333	LASPOTTECH			47.75secs

2.20pm		100m	Women	Final	wind -0.1mps
Pos	Bib	Name	Club	D of Birth	Mark
1st	118	Blessing Okagbare	Delta		11.16secs
2nd	420	Osayomi Damola	NCSDC		11.39secs
3rd	122	Halimat Ismaila	Delta		11.44secs
4th	65	Gloria Kemasuode	Bayelsa		11.55secs
5th	404	Agnes Osasuwa	NCSDC		11.56secs
6th	214	Olivia kizzee	Unattached		11.64secs
7th	5	Omaka Josephine	Abia		11.75secs
8th	409	Helen Emedolu	NCSDC		11.82secs

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2.40pm		100m	Men	Final	wind -0.4mps
<b>Pos</b>	<b>Bib</b>	<b>Name</b>	<b>Club</b>	<b>D of Birth</b>	<b>Mark</b>
1st	138	Obina Metu	Delta		10.27secs
2nd	133	Egwero Ogbo-Ogehene	Delta		10.27secs
3rd	432	Fasuba Olusoji	NCSDC		10.35secs
4th	142	Peter Emelieze	Delta		10.45secs
5th	431	Chinedu Oriala	NCSDC		10.47secs
6th	635	Onyeabor Nwogwu	Prison		10.50secs
7th	206	Christopher Nwanze	Enugu		10.55secs
8th	550	Azike Henry	Police		10.63secs